



Williamstown Council on Aging

Harper Center Bulletin

Harper Center Bulletin # 174

October 1st, 2009

October 2009 Newsletter

Inside this issue:

The Flu	2
Bake Sale	2
Bingo changes	2
Support group	3
October 22	3
Kim's Korner	3
Page 4 notes	4

It's October, the bookend month to May for the warm season and another of my favorite months. I love the colors of October and Halloween was a favorite holiday when I was a kid. I think some pumpkin carving is in order! My kids always carved pumpkins but I haven't done one myself since, oh, 1978? Wow. And I can't tell you when the last time I actually made pumpkin seeds was either, probably 1978...Too many people complaining about the effect of salt on a body...know what I mean?



Yeah, always food correctness. Alright, I'll shut up now.. Our Reading Buddies group will start again on the 6th, for those who have forgotten it's a group of second graders who meet every other week with a senior "reading buddy" to share a book and some time away from the confines of the classroom. It's a good program and actually has been around for quite a few years now, sometimes I wonder where our first class is now...as the year progresses you'll see kids here for other programs along the way. They are just across the street after all.

Almost time for the World Series. I'll bet the Yankees. How about you?

Margie comes for breakfast

Awhile ago we warned you that you would be getting insurance paper in the mail and that you should not under any circumstances throw them away. Hopefully, you listened. Now you'll find out why. On Friday morning, October 30, Margie Ware, Elder Services SHINE Director will be at the Harper Center to discuss changes which will impact your health insurance. I'm sure that she can answer any of those questions you have about the notices you've gotten from Medicare and Prescription Advantage. Oh -we'll be providing breakfast that morning, scrambled eggs, hash browns and the rest. Watch for the sign up



The Williamstown Council on Aging rocks at 118 Church Street within the friendly confines of the Harper Center. We're here from 8Am to 4Pm, Monday thru Friday and at 11 on Sunday for lunch. You can call us at 458-8240, fax to 458-5156 or email to bogrady@williamstown.net

We've been providing quality programs and services to Williamstown seniors since 1966!



The Flu

October 6 brings infection prevention officer Elaine Walburg from the NARH to the Harper Center to address the issue of the H1N1 flu we've all been hearing about and the skinny on what we should do to avoid the thing. Recent days have been full of rumors of people becoming infected with this flu and it has been compared to great pandemics, and I really don't know about the use of THAT word, of the past. The truth of the matter is that I really don't know much about this flu and I'm not really sure what to think. I'm hearing that it's serious and there may be a need for individuals to be quarantined if they become ill and that there have already been folks isolated for care and all sorts of other rumors and tales related to this particular event. You know how it is, someone will tell you that "They say" without identifying who they are. Yeah, sure....well, here is the chance to come in here, get a couple slices of pizza and actually hear what's up from someone who really knows what's really happening. Cheese, 'Roni or sausage. Sign up, you know where!



The annual Bizarre, uh, bake sale?

The Friendship Club has chosen to replace the annual Bazaar with a bake sale and given the delicacies I have been able to sample thru the years, I feel that it's a wise move. What is better that some home made pie and real chocolate chip cookies with a cup of coffee or glass of milk? Now, I have little to do with the solicitation of food but I have been asked to remind everyone that there will be a set up party on Friday the 16th, and sorry, that does mean no bingo...we'll play bingo later in the month. I have also been asked to remind all that canned goods for the food basket raffles are due before the 16th so they can be assembled. No IOU's here. It seems that this is a good plan to replace the traditional bazaar,



Bingo changes

In case you hadn't noticed, bingo has changed. We are fortunate to have Maggie Guiden here now and she's been working to offer a new series of bingo callers so that we don't land on the same people over and over again. There will be a whole series of special guest bingo callers, the first of whom was Bob Buckwalter last Friday. Who will be next I wonder? O, I don't know, it's a secret.

Anyway, another change we're thinking of is the pot-luck concept similar to the one our friends at the Spruces employ. You got a favorite dish you want to bring, dessert, appetizer, bring it in, we'll eat it for sure. We won't do a sign up yet, let's see what happens...

Support Group

There are a lot of good people out there providing aide and assistance to friends, neighbors, parents, other relatives including other peoples children every single day. Believe me, as the primary caregiver to my late parents I am well aware of the stressors which can result from the need to balance what remains of a personal life with caregiving responsibilities. If you haven't been thru it, trust me, you don't know! It's really not the same as being a parent. That's actually where the concept of support group comes in, to share experiences quite different from the norm with others who really know what you're talking about is really priceless. I'm told by some that their support group has really helped them to get thru all their daily stressors. I also noticed that many elder based caregiver groups meet in Pittsfield. Why not here?

Well, with that in mind, I spoke with our friends at Elder Services and we're going to take a serious shot at caregiver groups in North County. We'll be meeting here to discuss the idea in mid-November. Stay tuned.



October 22

It's a Tuesday and we're looking at a particular program for this day, as this newsletter is written I haven't heard back from the speaker yet so I can't include any information on the event yet. What I can tell you about that day is that there will be a luncheon, speaker or not. I'm looking at Fettuccini Alfredo or Pasta Primavera with bread and meatball on the side as the meal. Garlic bread or bread with dipping oil? Hmm...Maybe a small side salad. The meal is a definite, the speaker will follow, it's another one of those situations where the information is lagging behind the newsletter...but I will keep you informed of the progress we're making on this front as soon as I can.

I need a caregivers group for newsletter writers!



Kim's Korner

Hey everyone! Some of you know that my personal life has taken an interesting twist during the past three or four months. Fortunately, there's nothing medically wrong with me but I really do need to take some time off to attend to personal matters so I'll be away from Harper From Mid October until mid December. I have affairs to attend to and I really can't do that and work too. I'm sure that I'll be stopping by here and there to say hello to all you happy Harper people. Don't worry about me, I'll be back before Christmas, just in time for Brian's vacation. He'll need one by then! So Happy Halloween and Happy Thanksgiving in advance. See you before you know it! Kim.

Williamstown Council on Aging

**The Harper Center
118 Church Street
Williamstown, Massachusetts,
01267**

Phone: 413-458-8250

Fax : 413-458-5156

E-mail: bogrady@williamstown.net

**We're on the web
www.williamstown.net**

I'm just looking at some of the results from the first few surveys we completed and have noticed that there are numerous individuals who have indicated that they would be willing to volunteer their time as a companion or volunteer visitor to some of our less active neighbors. This is a good thing. We've always noted that folks who are socially active, like those of you who come here to the Harper Center, usually are healthier, happier, all those good "H" words. We also have noted that isolation is not fun and social contacts have a wonderful impact on our less active friends, especially those we call "shut in". So-I'll be contacting you in October to see if you really want to be a part of a new volunteer companion group we'll develop to bring cheer and light to some of our less fortunate friends. You know who you are, be ready.

Page four news and notes



Our SHINE Counselor, Peg Jenks will be here on Wednesday, October 21st at 11:30 to meet with individuals who have concerns about their health care coverage and can help with just about any question. Yeah, she is that good...and she will schedule individual consultations if needed so call the COA office [458-8250] if needed.

Kip Moeller, our foot care person extraordinaire will conduct the monthly clinic on Tuesday October 20 beginning at 9:00. Appointments are needed and we're making them for DECEMBER as this is written...call us or stop by for information.

The monthly Brown Bag grocery supplement, courtesy of the Food Bank of Western Massachusetts will be delivered here at the Harper Center on Friday October 23 in the afternoon. Brown Bag is a monthly food supplement consisting of canned goods and fresh seasonal fruits and veggies. Interested? Ask us!

The monthly Blood Pressure Clinic, courtesy of Premier Healthcare will be on Tuesday October 13 at 12:00, right before the Friendship club meeting. This has really proven to be a successful time and lots of folks have taken advantage of this service. Check it out! It's a need to know item!!!
